

NEW COMMUNITY CLARION




SERVING THE PEOPLE OF BABYLAND • ST. ROSE OF LIMA & NEW COMMUNITY

VOL. 8 NO. 2 NEWARK, NEW JERSEY APRIL, 1990

St. Rose Parish Celebrates Its Rich Cultural Heritage At A Gala International Night

St. Rose of Lima Parish in Newark enjoys an ethnic variety among its people which molds it into a fascinating international community. On Friday March 30, the parishioners came together to pay homage to their ancestors throughout the world at the second annual International Night. The evening brought together peo-

ple who could not understand each other because of language differences but who could still share their diverse backgrounds; many could not understand English but they could share their national entertainment, music, food and customs of fashion — all of which created a warm feeling of unity. The evening highlighted the wealth of talent within the community, from youth to seniors and among the working people attending. The St. Rose

faculty choir began the evenings entertainment raising their voices in praise of the Lord. There followed African folk dancers, gospel singers and the rhythmic dance of today's young people. A song from the Philippines and one of their unique cane dances reflected that country.

Poetry, dancing and song filled the festively decorated auditorium and a South African Booi Dance saluted the hope of an end to apartheid and the release of Nelson Mandela. As the Leslie Harris and Company Steel Band wrapped up the entertainment portion the mood was reflective of a Caribbean cruise. The only thing missing was the water. The variety of foods prepared especially for the evening created a dining experience which educated as well as nourished. The foods offered

a creative interpretation of authentic local dishes from the regions represented, from classic American favorites to foods that would be served at a Bedouin feast in the deserts of the Middle East.

There was chicken tandori from Morocco, lasagne from Italy, Hoplin' Johns (peas and rice) which is a Bahamian dish and beef fajita and tortillas

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Mrs. Regina Alston and her children modeling German fashions.

ple who could not understand each other because of language differences but who could still share their diverse backgrounds; many could not understand English but they could share their national entertainment, music, food and customs of fashion — all of which created a warm feeling of unity.

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One Step Closer To Supermarket Opening

On Friday, March 30th, 1990, New Community came one step closer to the opening of its long awaited Pathmark Shopping Center when Mayor Sharpe James and Central Ward Councilman George Branch hand delivered the first installment check of \$427,000 on the \$1,530,000 federal Urban Development Action Grant (UDAG) for the neighborhood shopping center project.

This funding is essential to finish building construction and maintain the store opening scheduled for July 4, 1990.

Commenting on this important step toward opening day Mayor James said "Whenever we help New Community we're helping ourselves in the City of Newark, and this new shopping center has been a huge and cry for so long." He focused on the fact that "our senior citizens in our nearby neighborhood do not want to go on a bus and have to travel a great distance" to shop.

"I salute New Community for making this shopping center possible and I think all citizens in the area and the City of Newark will greatly benefit from having this quality shopping



Mayor Sharpe James, right, Central Ward Councilman George Branch, left, present Mary Smith, center, with the first UDAG installment check for the Pathmark Shopping Center.

center nearby," James continued. Since the shopping center would be the first in the area in two decades, the mayor felt it would be a magnet that would spur other development in the vicinity.

The mayor spoke of the advent of

the facility as "an exciting occasion for New Community and for seniors who want to be able to just walk and shop in a beautiful quality shopping center." For the City of Newark, said the mayor, "it's just part of our

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Archbishop Pays Pastoral Visit To St. Rose



Newark Archbishop Theodore E. McCarrick keeps in touch with the people in his care by visiting the parish to celebrate Mass and spend some time. He is pictured at St. Rose of Lima in Newark with Msgr. Wm. Linder, Pastor, Rev. Robert Furman and parish altar servers.

Clarion Reaching Wide Audience

Circulation Increased To 13,000

The popularity of THE CLARION, has grown steadily since its inception in March 1983 with a circulation of 3,000. Within one month, interest in news of the New Community Network forced a jump from eight pages to twelve and an increase in circulation to 4,000. It has been rising steadily ever since.

Interestingly we have had reports of CLARION sightings from New York City street corners to midwestern libraries. We have also gained some fine employees as a result of their reading the CLARION.

Most importantly THE CLARION is a forum for the people in the community whose interests we serve. It espouses the dignity of people everywhere and attempts to tell their story with understanding and compassion.

To improve the quality of life in Newark is an awesome goal, but not impossible if people walk in the

others' shoes and reach out their hands to help.

We hope THE CLARION helps to accomplish this.

Pat Foley
Editor





NCC Employment Center

Jobtalk

by John Bins

The Hidden Job Market

Last month we talked about two of the four key ways to obtain job interviews—answering classified ads and using employment agencies. Many employers use these avenues for locating employment candidates, but it has been estimated that up to 80% of the jobs that are filled do not use either channel. We'll be talking now about how to reach those jobs in what is called the hidden job market.

Direct Approaches To Employers

When you send a letter and resume in response to a classified advertisement you have the advantage of knowing that the employer is seeking a job candidate with just your qualifications as spelled out in the ad. The down side is that everybody else knows too and the employer may get hundreds of resumes.

But picture the alternative. You send out resumes to many possible employers. Some percentage will land on the desk of a manager who just quit. Your resume often looks to the manager like the solution to a problem. Perhaps he or she knows an employee is leaving soon or one had just quit, or possibly a new position is being developed. Your resume is right there. And in this situation the competition is minimal.

To create these kinds of opportunities for yourself requires time and initiative, but I know from first hand experience that it works. All you'll need is a resume, a cover letter and a list of employers that can be reasonably expected to have the position that you need. Usually you can find your prospect list in directories available in any business library. If you guess roughly that you will get a positive response from one in a hundred, it's obvious that you will need to send out several hundred.

Contributions To

New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact the Development Office at (201) 623-2800 ext. 206.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community newspaper. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Be as inclusive as possible with your list, particularly not skipping prospective employers because they seem far away. The tighter you make your geographical boundaries, the more likely it will take to find the job you want.

Should you use this approach in conjunction with the phone? Yes. You can phone the company or organization ahead to learn the particular individual to address. Generally you should aim near the top of the organization and let it trickle down. (But you're not trying to learn which companies to send to. That you've already decided.)

Another way to use the phone is for follow up. Say in the letter that you will call "a week from Tuesday." They may spark some action. Or you can phone both before and after the telephone expenses are not great. But if there's a choice between telephoning and sending out more letters, I recommend using your resources for wider exposure by mail.

A variation of this approach that is very effective if you have some good experience to feature is to use a selling letter in place of a resume and cover letter. This has the advantage of being able to concentrate attention on your successes, on functions you have performed and on what you can offer for the reader—the prospective employer. The selling letter rarely has biographical data or employment history and so has been used particularly effectively by the older worker with heavy experience, by those returning to the employment market after years of absence and by those whose recent job experience is not as applicable to the position sought.

The factory worker who goes from plant to plant filling out applications is also addressing the hidden job market. But he or she could probably improve their effectiveness by using the telephone to find which employers say they are hiring. A person does not need telephone selling experience to make this approach pay off, although a little coaching helps. If possible, put together a sentence or two about yourself and your experience. That plus the fact that you did call ahead will distinguish you from some of the other job seekers. But whether phoning or mailing, one needs to be prepared to contact big numbers of employers.

Using Networking (Word-of-Mouth)

This is the last of the four key ways to get interviews. While everyone may use some of it, very few use it to its fullest effectiveness. Whole books have been written on the subject.

The most basic rule is to make sure that everyone you know is kept aware that you are actively seeking employment. Everyone means not only close friends and relatives but your former business associates, former employers and many of the people you meet everyday who might help you. While your person may not know of a job opening, someone they know could know of one or could introduce you to someone with the right contacts.

If your job is specialized at all, your friends will be helpful only if they are clear about the kind of work you do, at what level you've done it and the kind of industry in which you have experience. If you tell them the exact kind of manager you want to meet, they will want to help if they know a way to reach such a person.

A subtle way to encourage a friend to help you make contacts is to send them two copies of your resume. Most people would try to think of a person

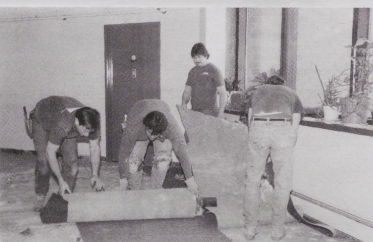
New Community Senior Housing Developments Take On A New Look

New Community senior housing developments are taking on a new look. All senior housing developments are being redecorated with new carpeting, wallcovering, and public area furnishings. New Community Commons and Associates are the first two developments to be redecorated. The remaining senior buildings are scheduled to be updated by mid-spring.

We try to do our very best for the residents of New Community. This will be strikingly evident when the refurbishing of all the buildings has

been completed. Beautiful carpeting, bright wallcoverings, soft pastel paint trim, and comfortable sofas and chairs are just a few of the comforts that make a residence, not just a place to live, but a place people are proud to call home.

We at New Community are grateful to our residents who have given so unselfishly of themselves to help make New Community a place which so many are proud to call home. With their continued support and cooperation, New Community will remain a community that is second to none.



M.E. Saboski Associates are shown removing the old carpets from New Community's buildings.

The Right Thing

Employment and Training Specialist at Newark Private Industry Council sounded like the right thing for Barbara Jenkins when she was seeking work two years ago. She had been working nine years as a secretary, receptionist and inventory clerk and she needed a challenge. She had an effervescent and pleasing personality, and was effective in dealing with people.

We made an appointment for Barbara and she was interviewed. Then the waiting began. But soon she called to tell me the good news that she was hired. She was delighted as this would give her the opportunity she had been looking for to use some of her creative talent. She couldn't thank me enough, following up with a thank you note and a beautiful poem.

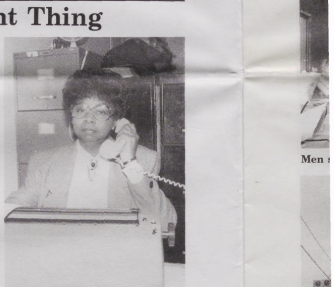
Barbara is like that. She is outgoing and sensitive to people which may result in part from her loss of kidney function, which has kept her on dialysis for 18 years. She likes being able to encourage others to overcome their handicaps and limitations and certainly serves as a role model.

Barbara admits that many times it wasn't easy, but with God's help, her husband and her family she felt she was always able to do a good job.

to whom they could send at least one of them for you. Keep in mind in any interview, even if there is not an immediate opening, the interviewer may know someone to whom they would refer you. Encourage this. What you need are contacts in interviews, and it's great to be recommended by someone.

Next month we'll concentrate on what to do when you do have an employer interview.

NEW COMMUNITY EMPLOYMENT CENTER
Employers with job orders or job seekers wanting appointments...call 733-4930.



Barbara Jenkins

Newark Private Industry Council shares responsibility with the Mayor's Office of Employment and Training for employment and training activities enabled by the Job Training and Partnership Act. Barbara's work on workshops, job fairs, newsletters, public service announcements, brochures, advertising and mailing programs helps to promote the benefits of participation in the training programs they sponsor and results in a greater public awareness of their work. "We are a team at NPIC," Barbara states, "more like a family working together to get a good job done."

Barbara shared some good news (besides the satisfaction she derives from her work) — her brother is donating a kidney to her this month and she is hopeful that dialysis may soon be in her past.

We hope so too.

May Bins



Supermarket Shaping Up Rapidly...

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Renaissance that we're so thrilled about."

Mayor James used the event as a time to commend New Community's leadership, saying, "I want to salute Msgr. Linder, Mary Smith and the New Community family for having the interest and the sensitivity and the tenacity to get in there in the trenches and fight for this facility against decreasing federal dollars and make it a reality."

"The sun has shown through and it's a better city, a better state and a better world for the occasion of this new shopping center opening up," concluded the mayor.

What makes this venture so unique is the fact that the two-thirds share of the profits which New Community will gain from the operation will stay in the community. The shopping center will also provide over 300 full-time and part-time jobs for Newark residents.

Councilman Branch expressed pride in the work the council had

done with New Community. "I've always praised New Community for their accomplishments. Had it not been for them, today we would not have all these homes for low income people." As the representative of his people in the central ward, he feels the work completed by New Community reflects well on his stewardship and provides a good foundation for future efforts. He felt that Mayor James, Fr. Linder, Mary Smith and the entire board had done an outstanding job in bringing the new shopping center to Newark, making him "proud to be here today to present the check."

Mary Smith, treasurer of the board of trustees of New Community, happily accepted the UDAG check, lauding Mayor James and Councilman Branch as well as the entire Newark City Council for their continuing support of New Community's efforts to open this first major supermarket in over 20 years. Ms. Smith said "The development represents a unique joint venture between Supermarkets General Corporation



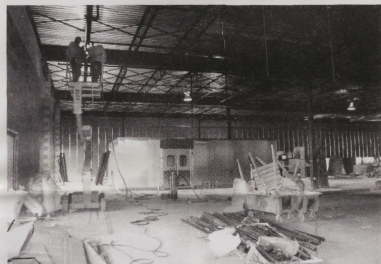
Shown above are the newly installed refrigeration units.



Masons work on building up interior walls.



Worker shown skillfully and meticulously laying the tiles.



Men shown finishing the interior ceiling welding.



Units of fans are being delivered to the roof by crane.

(Pathmark) and a community-based non-profit group to meet an urgent need for people to shop in their neighborhoods. The granting of a tax abatement by the city council and the city's funding support was essential to make this dream a reality."

The large number of full-time and part-time jobs to be created will be a welcome opportunity for Newark residents.

In addition to the 46,000 square foot Pathmark Supermarket, the shopping center will contain a Dunkin' Donuts franchise and an international food court specializing in a wide range of foods and beverages, appealing to the varied tastes of our urban population. Since so much of the profit will remain in the community, it will be an important boost to the economy of Newark. We can't wait to see it open.

The Priory Restaurant

233 West Market Street Newark, New Jersey 07103

DINING AND ENTERTAINMENT SPECIALS FOR APRIL

Easter Sunday - April 15, 1990

Featuring A Special Holiday Brunch

From 9:30 a.m. until 2:30 p.m.
 \$14.95 for adults
 \$6.95 for children 12 and under

and Dinner Buffet

From 5:30 p.m. until 10 p.m.
 \$18.95 for adults
 \$8.95 for children 12 and under

• Free Picture Of Children With Easter Bunny
 Reservations Now Being Accepted (201)-242-8012

SECRETARIES DAY - APRIL 25TH

Give Your Secretary A Special Lunch or Dinner
 A Rose For Each Secretary
 Make Your Reservations Now...

Performance Showcase on Wednesday Nights

Starts Wednesday April 25th 6 to 10 p.m.
 Great After Work Entertainment

Cover \$5.00

On Site Free Parking



New Community Federal Credit Union

Annual Membership Meeting

PRIZES
PRIZES
PRIZES

MONDAY

5:30pm, April 9th

MEMBERSHIP

140 South Orange Avenue
Newark, NJ

Toys Shared: Hearts Cared

Through the efforts of the AIDS Resource Foundation for Children and Toys R Us Corporation, the New Community Network participated in a free toy distribution for children of all ages.

Thomas Riccardone and Richard Lennard from the AIDS Resource Foundation for Children, and volunteer Rick Hood worked diligent-

AIDS: St. Clare's Home for Children in Elizabeth, Jersey City and Neptune. The Foundation, which is located at Haller House on Roselle Avenue in Newark, also provides a wide range of supportive services for families struggling with the day to day realities of AIDS.

The New Community Network thanks Toys R Us and especially the



Shown from left to right are Thomas Riccardone, Larry Goldston, Rick Hood, and Richard Lennard unloading the toys.

ly transporting and delivering the toys to New Community Social Services. There, the toys were distributed to Babyland, Harmony House and the New Community After School Program.

The AIDS Resource Foundation for Children, founded by Terrance and Fay Zealand, operates three special homes for infants and children with

AIDS Resource Foundation for Children for sharing their gifts with New Community. The Foundation chose to share their toys with us even though they could have used them themselves. The gift of sharing in a time of limited resources only exemplifies how non-profits can work together to grow and better implement this missions collectively.

Spa Is Buzzing For Spring

The New Beginnings Spa at St. Joseph Plaza is a popular place lately thanks to a recently advertised "2 for 1" special which spa manager Ed Scott tells us encouraged a lot of people to join.

The Spa's new business manager, Madge Wilson says she has received many compliments on the sparkling facilities and the new amenities which include a brand new floor in the aerobics room. "O how nice" and "Oh, that looks good" are often heard.

With the emphasis in the medical world lately on healthy weight loss for a healthier future, some members are very pleased to be able to enjoy our facilities to produce such weight loss.

Lillie Moses, who is employed by Prudential Insurance Company in Parsippany is very proud of herself. She said of our program, "It works. I lost 18 pounds total."

Mrs. Moses joined the Spa in December and has been coming three and four times a week and is very proud of her weight loss.

She told us that in comparison to some of the other spas around she considers the New Beginnings Spa the best in the area, particularly because of the friendly atmosphere

with which she's greeted when she comes. She feels another consideration which gives us a plus is the instructors, who are both good and prompt for the aerobic classes, and who are willing to work with the members.

Josephine Conwell-Carter, a nurse at St. Michael's Hospital also has a weight loss goal. She heard about the spa not long ago and decided to join. Ms. Conwell-Carter is very happy because the convenient location will help her work toward her goal to lose weight and also firm up her body.

New member Janice Bell, a dental student at UMDNJ says she really looks forward to exercising and especially loves the aerobic classes.

Each person has their own reason for coming as evidence by the fact that Alex St. James, a dental student at UMDNJ who recently became a member, enjoys the spa because it gives him an opportunity to work on body building in which he is interested as well as exercising which he is enjoying very much.

If you're thinking about making a positive change in your life, please call Madge or Ed at 624-7373. They'll be happy to talk to you about a membership.

People Helping People Campaign

New Community Harmony House, a transitional homeless facility for one hundred and two (102) homeless families, has undertaken a "People Helping People" Campaign.

Ed Davidson of Davidson Associates is the coordinator of the campaign. He has graciously offered his services in helping to meet the needs of homeless families. The focus of the campaign is to involve employees of major employers in the greater Newark area to donate items as well as monetary contributions to homeless families residing at Harmony House.

To date, Mr. Davidson has contacted Public Service Electric and Gas Company, Prudential Life Insurance Company of America, Mutual Benefit Life Insurance Company and members of Center City Development Corporation. Mr. Davidson has received two (2) televisions from a motel chain and kitchen items from individual donors.

Items and monetary donations will assist Harmony House programming in providing comprehensive social services - day care, youth services, adult groups, workshops and classes, job training and placement as well as

relocation assistance.

Companies who choose to join the People Helping People Campaign will be joining Hartz Mountain Industries, Inc., Leonard Stern Foundation and Mutual Benefit Life Insurance Company in their partnership to help the homeless.



Ed Davidson

Mr. Davidson will be pleased to work with any organization in regard to fund raising efforts. He can be reached at (201) 622-0707 for further information and assistance. Harmony House staff is also available for information. The contact person there is Jeanette Page-Harris, Executive Administrator, at (201) 623-8555.

Outstanding Employee At Priory Restaurant

Lorraine Walker-Buspersion

Mr. Natesan, manager of The Priory Restaurant, can't say enough about the excellent work performed by Lorraine Walker-Buspersion. She has such a fine attitude on the job, seeing the needs of her guests and acting immediately.

Lorraine requires a minimum of supervision since she is always consistent with the quality of her work.

Despite a handicap, she attends all training sessions, participating in lipreading. She is always well groomed and cheerful.

Lorraine was born August 16, 1946 and is the mother of two sons, Clifford, 22, and Lawrence, 19. She lives in East Orange and has been working for New Community for 3 1/2 years.

"I like working for New Community because I have met some good people here," said Lorraine. "I've made lots of friends and I enjoy my job. I love setting tables and making sure all the utensils are clean for the customers."

She told us she has stayed at New Community so long because it is very

hard to find work, and even harder for someone like her, with a handicap. Lorraine feels at home in New Community because they have given her a chance to prove herself... and she's doing just that. She found the training very helpful and feels very confident.



dent about clearing the tables in a professional manner.

"I am thankful to my manager, Mr. Natesan," Lorraine told us.

The feeling seems to be quite mutual.

THE CHEF'S CORNER

Many people enjoy meatless meals either for Lent or as a diet preference. This dish is easy to make and very tasty. It is a favorite here at the Priory Restaurant in St. Joseph Plaza.

Rigatoni Parmodoro

For two:
5 lb. rigatoni pasta
4 large RIPE plum tomatoes
5 medium onion
3 cloves fresh garlic
6 black olives sliced
1/2 cup parmesan cheese
1 oz. olive oil (jigger)
Salt and pepper to taste

First, place rigatoni in boiling water for 15 minutes (cook firm). Cut onion in half and dice. Peel tomatoes and dice. (Hint: to peel tomatoes easily slice the skin one or twice with a sharp knife and plunge into boiling water for a second or two, then into cold. The skin will come right off.)

Crush your fresh garlic.

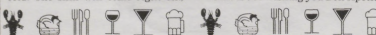
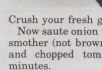
Now saute onion in olive oil just to smother (not brown) and add garlic and chopped tomatoes. Cook 3/4 minutes.

Add rigatoni and blend together. Add sliced black olives.

Just before serving add the parmesan cheese and serve immediately or cheese flavor will diminish.

This recipe is also good with 2 oz. of thinly sliced smoked salmon added. This is Joe wishing you Bon Appetit!

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The Priory Restaurant

The Preferred Place For Memorable Celebrations

- An Elegant Setting For Your
- PERFECT WEDDING RECEPTION
- MEMORABLE WEDDING ANNIVERSARY
- HAPPIEST BIRTHDAY
- PROUD GRADUATION
- CELEBRATED PROMOTION

For All Reservations Contact Banquet Manager S. Natesan

623-2800

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On Site Free Parking



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April, 1990

Parish Celebrates Varied Cultures...

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from Spain. Escabeche (Peruvian style chicken) and Mexican spicy chili and rice brought the America's into the picture as did the dish "dirty rice" a Southern specialty from New Orleans. The Greek four bean salad represented a little taste of another fine culture.

In the contest for best dish of the night, first prize was carried away by Mrs. Ruby Marshall for her Mississippi Bread Pudding and second prize went to Mrs. Vernell Williams for her

Nutty Upside Down Cake.

Pleasing to the eye were fashions from the world over, including Liberia, Jamaica, Germany, Sri Lanka, Japan, France, Peru, the Philippines and the United States Native American Indians.

With the tenor of news in the United States so negative about cultural differences it was heartening to see so many people of diverse origin coming together in the true Christian spirit of understanding and unity for such a happy occasion.



Bartender Gail Chaneyfield hands a beer to Sister Ann Quirk.



Exotic food was enjoyed by all.



Joyce Cook adds her finishing touches to the tables.



Alma Major, from Alma and Company, sings from her soul.



The international cuisine made the judges decision a difficult one.



African folk dancers show their stuff.



Fashions from the world were pleasing to the eye.

New Commissioner Of Community Affairs Pays Visit To New Community



Mary Smith welcoming a friend of New Community, Commissioner Randy Primas. Good Luck Randy!

Lunch Crunch?

We'll Save The Day...

Call

The Catering Connection

at

The Priory Restaurant

Ask About Our New

Catering Menu.

Phone 623-2800

Monday-Friday

24 Hrs. Notice Required

Minimum Of 10 People

Mark Your Calendar!

Chinese Auction - May 5, 1990

Benefit Of St. Rose School

Reflections:

How To Preserve A Strong Mind — Flex It Regularly

I came across this quote reading about a Jewish Nursing Home in New York City. It was interesting in the fact that though many were physically disabled, they were still anxious to improve their minds.

There are people, like all those in nursing homes, who are trying to walk quietly into the sunset with earned dignity. They want to take part in anything — be it history, politics — in fact, anything that keeps the "mind alive."

The process described in the story begins with residents tossing around ideas. It stimulates and it involves them. In many of them, the aging process has crippled the body but the mind is clear and wants answers.

Many have little understanding of the difference between Medicaid and Medicare. One resident was deeply annoyed by the fact that Medicare took care of his hospitalization but when he was transferred to the Nursing Home a good part of his life's savings were used to initiate his care there. The Medicaid law was so intricate to prevent the affluent from free loading.

As we get older, all of us are fearful of running out of life's savings because we might live too long and

Volunteers Hailed

In recognition of volunteers, April 22-27 has been designated as **Volunteers Week**. To commemorate the services donated by volunteers, the staff of New Community Extended Care has planned a series of events for the week. All funds raised will be used for volunteer uniforms.

April 22 - Decorating of the facility
April 23 - Recruitment of volunteers
Times: 10:00-12:00 a.m.
3:00-5:00 p.m.

April 24 - Bake sale in the gift shop
Time: 10:30-3:00 p.m.

April 25 - Rummy sale in the lobby
Time: 10:30-2:00 p.m.

April 26 - Volunteer talent show for the residents
Time: 3:00 p.m.

April 27 - Recognition luncheon
Time: 12:30 p.m.



Dr. Paul
Kearney

then we would be a burden on the family.

That article on the Nursing Homes implemented a thought to involve the residents more in activities they would enjoy. Here at New Community the Staff could plan small talks on health, visits to excellent places such as the recently renovated Newark Museum, the Cherry Blossom Festival, Branch Brook Park in the Spring, even Turtle Back Zoo — yes, for those who might want to touch childhood again.

To be an active participant in the world's activities keeps one feeling alive.

Paul Kearney, M.D.
Medical Director
NC Extended Care Facility

Home Health Aides Of The Month

April 1990 — Barbara Godwin

Barbara Godwin is one of the most experienced of our Home Health Aides having come to us over two years ago. Her experience goes beyond us, to include time as a Home Friend prior to becoming a Home Health Aide.

Throughout her time with us Barbara has consistently delivered quality care to her clients. Her caring manner is obviously the product of a generous heart. Congratulations, Barbara! Thank you! Thank you!



Barbara Godwin

FOOT FACTS:

Hot Tips For Cold Feet — A Year Round Problem

Office Hours at St. Joseph's Plaza
9-12 Mon.
9-12 every 2nd & 4th Sat.

Cold feet are among life's greatest discomforts — literally as well as figuratively. Worse, cold feet can be a serious threat to foot health.

Since toes have some of the smallest blood vessels in the entire body, they are subject to circulatory problems, no matter what the weather. Some people's feet feel cold year round. It's normal for even an active person to have problems with chilled feet in cold winter days. Cold feet can range from occasional mild discomfort to a chronic condition, which could be the symptom of an underlying disease.

One of the most common factors causing the feet to chill is moisture. Water, as an effective temperature conductor, warms to the temperature of the body. If cold water seeps in through the shoe, it is warmed to the temperature of the foot. Already chilled feet, in trying to warm the cold water, lose heat and end up colder than they began.

Preparation has the same effect. If the feet get too hot and sweat from exercise, or from nonporous boots, chill will seep in when you go outside again and the feet will be as cold as if the boots leaked.

"A numb feeling..."

When feet are cold, the muscles contract and narrow or close down the blood vessels, reducing the blood supply. This produces a numb feeling and may cause the feet to become pale. At the frostbite level, cell walls break down, sometimes causing permanent damage to blood vessels, nerves and tissues.

Warning signs for frostbite include intense numbness, sometimes burning or pain, skin that's pale, grey, or mottled to blue-white from lack of blood.

Damage from frostbite is not evident until the feet are rewarmed. The best way to warm cold feet is to soak them in tepid water. Start with water about 90 degrees. The warm water will gradually relax the muscles, allowing the blood to flow again. Hot water can cause too much blood to flow all at once and the strain could be too much for the vessels.

Handle cold feet gently, especially if they are numb or discolored. Rub the calf or thigh — not your feet — to stimulate blood flow downward. If color and sensation don't return to normal after 30 minutes of rewarming, contact a podiatric physician right away.

Excessive chill can usually be prevented by wearing the proper

Dr. Kenneth
Frank

Podiatrist



footwear. Air in your shoes and socks is the best insulator to combat cold. Besides insulating, air helps the skin dry out. Loose thick socks and in extreme cold, layered socks, help insulate. Cotton and wool are good insulators. Thin silk socks are good underneath thicker socks. Orlon is non-bulky insulation for sport socks to wear ice-skating or cross-country skiing.

Outdoor boots should be roomy enough to allow movement. Footwear should be waterproof, have thick soles, and preferably have a warm inner layer of foam or fur.

Keep your feet moving whenever you are forced to stand outside in the cold for awhile. Wiggle your toes, rise up and down on the balls of your feet, or switch weight from one foot to the other. However, don't be so vigorous as to cause your feet to sweat.

If you are ice-skating and feel your toes begin to go numb, head for shelter, even if it's only your car. Take off your footwear and use the best footwarmer available — body heat.

Wrap your hands around your feet, or put your feet against a good pal's skin, under the clothing where heat collects. When color returns to the skin and the feet feel normal, put on dry socks and you'll be ready for action.

Avoid tobacco/caffeine

Lifestyle can have an effect on reaction to the cold. Regular exercise boosts circulation. A fitness routine can make your hands and feet warmer. Caffeine and tobacco constrict blood vessels and should be avoided, especially just before going out into the cold. Alcohol dilates surface blood vessels and lets body heat escape faster than usual.

Your body temperature drops while you sleep, so you'll need more covers at 4:00 a.m. than at 11:00 p.m. An extra blanket and loose socks can help hold body heat in the feet.

If your feet are usually cold, see a podiatric physician. This symptom may signify a disease. It is perfectly natural for feet to be cold in cold weather. But the important factor is in dealing with this problem — don't let the weather cause permanent damage.

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Christmas In February?

The arrival of four huge boxes from Hasbro corporation transformed a dreary snowy afternoon in February into a really Christmas-like day in Babyland V. Children and staff alike were curious to see what treasures were hidden in the depths of the cartons.

As the boxes were opened, faces lighted up when first Tinkertoy, then trucks, then blocks were dramatically unveiled. There were toys to delight every age group at Babyland. The youngest children were fascinated by the bright colors on the Poppin' Plane and the Wee Wheels which could be sent all the way across the room.

Toys sat with Dressed Bessy and Dapper Dan, who come equipped with zippers, snaps, buttons and laces to help busy little fingers master the intricacies of dressing themselves.

For the mechanically inclined, there were numerous puzzles and a

Sesame Street workbench, complete with tools and hardware, which promise many challenging hours of amusement. Wooden building blocks and letter blocks are now available for further educational and creative experiences.

The older children can enjoy the many board games which are now filling previously empty spaces on toy shelves, games requiring concentration and memory skills were immediate favorites. In less intense moments, these same children laugh at the many faces of Mr. Potato Head, complete with glasses, moustache and baseball cap — on backwards, of course!

In the excitement, it seemed like all in Babyland were celebrating birthdays on the same day. Our gratitude is boundless to Hasbro Corporation for their generous donation.

St. Regina
Babyland V



Excitement, fun, and laughter filled Babyland V when the new toys arrived.

Parent's Helper: The Month Of The Child

Riddle: What job is 24 hours a day, and lasts forever while requiring tremendous dedication, enthusiasm, patience and love, along with skills in nutrition, first aid, education, economics and home economics? This job offers no pay and no guaranteed time off. No formal training is required.

Answer: Being a Parent.
April is The Month of the Child. We as parents may have busy work schedules, hectic affairs, meetings, and perhaps we are just tired when coming home from work. Despite this we as parents must try to set aside some constructive time for our child (children), and demonstrate positive reinforcement when needed.

Perhaps to celebrate this special

month devoted to children we can try to use as many encouraging words as we can each day.

Here are a few to get you started in the right direction:

Congratulations! Good Going! I knew you could do it!

Or maybe try:

Fine job! I'm so proud of you! I sure

am happy you are my child!

The most important of all perhaps is a great big hug followed by "I love you."

Maybe we can't change the whole world but a good word here and there can make a big difference in our own little part of it...our family.

Theresa Walker
Social Worker
Babyland Nursery

A Dedication Of Love

We at Babyland Nursery would like to dedicate a small part of **The Clarion** to the memory of one of our most dedicated and loved employees — **Ms. Pauline Thomas**. To our regret, Ms. Thomas passed away on March 4, 1990.

Pauline Thomas was an employee of Babyland Nursery for many years. She worked in the capacity of primary caregiver for the Head Start infant room at Babyland I. "Miss Pauline," as she was fondly called, loved and cared for her babies as if they were her own, and they loved her in return. Pauline was a good and reliable friend to her co-workers, and always had a kind word for **anyone** who crossed her path.

Pauline Thomas will be missed by all those whom she touched in her lifetime...

We all miss her...

MS. PAULINE THOMAS
December 7, 1938 to March 4, 1990
Dionne Ledford
Babyland I

Is Victor There?

He's here — somewhere — whenever you need him. However, if the shelter needs him to clean up the garbage he's probably at Babyland II. If Babyland IV needs him to move boxes he's in the Bingo Hall, if Babyland II needs him he's at the shelter — maybe I don't know, I'm at Babyland IV and I can't find him myself.

His name is Victor Cintron. Victor has been employed by Babyland since March, 1989. Originally he was hired



Victor Cintron

as the janitor for Babyland IV. Victor has a wonderful ability to accomplish his work thoroughly and efficiently. Therefore, he now has the responsibility of maintaining the

Caregiver Specialist

One, two, three another FSP! FSP are the community letters for the Franciscan Sisters of Peace. Three sisters from this community are presently employed in Babyland. Sister Ellen at Babyland III and Sister Regina at Babyland V have been employed since September, 1989. Sister Barbara Haworth started working at Babyland IV in January 1990.

Sister Barbara arrived at Babyland IV the day Sister Regina was leaving to take on her new position as Center Supervisor of Babyland V. Although it was difficult to let Sister Regina go the staff was consoled to know that Sister Barbara was on her way.

Sister Barbara is a caregiver specialist. She brings to her new position as Head Teacher a wealth of experience in working with small children. Sister Barbara has a Masters Degree in Art Education. Her artistic ability truly enhances



Sister Barbara Haworth

our day care program. Together with the other caregiving staff, Grace, Joyce, and Emma the children at Babyland IV are well taken care of.

So, if you're ever in the area please stop by to meet Sister Barbara Haworth!

Shelter, Babyland II, and the Bingo Hall.

Victor and his wife Maria, who is a teacher's aide in St. Rose School, have two beautiful daughters, Vanessa and Victoria. Their daughters are presently enrolled in Babyland Nursery and St. Rose School.

Babyland is very fortunate to have such a hard working maintenance man on staff. No task is ever too much for Victor to manage — if you can find him!

Poison Prevention Program At Babyland V

As part of Poison Prevention Month the children of Babyland III were given a presentation by the Health Education Bureau of the City of Newark, Department of Health, hoping to prevent accidental poisoning in this vulnerable age bracket.

The program consisted of a puppet

show for the children and the staff and included an information package for the children to take home to their parents.

Perhaps these precious little ones can avoid some pitfalls in their lives as a result.



The children in Babyland III participate in the puppet show.

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Security Corner

Officer Of The Month

Security Officer Gregory Mays, a fourteen month veteran of the NCC Security Department, was selected Officer of the Month for March 1990.

Officer Mays, who is assigned to Douglas Homes Senior, 15 Hill Street, on the 4-12 tour of duty, was chosen for his loyalty and unselfish dedication to duty.

Mays, a soft spoken, mild mannered individual, who at the same time, is assertive without being abrasive, is very popular with the residents.

When questioned, he readily admits his love for the people and his job, a feeling they both share. This mutual admiration was very much in evidence a year ago when Officer Mays, who had been assigned to the site on a temporary basis, was about to be reassigned to foot patrol duty.

When the Director of Security, James DuBose, received a petition containing the names of sixty-eight of the tenants requesting Mays be permanently assigned to the building he acceded to their wishes.

Officer Mays, a former member of the Shabazz High School football team, became a construction worker upon graduation but decided he wanted to be a Security Guard and eventually pursue a career in law enforcement.

Disenchanted with several security companies, he decided to seek a position with the New Community Security Department, a decision he states he is very proud of having made.

The Security Department congratulates Security Officer Mays on his achievement.

Mays was presented with a plaque in recognition, by the New Community Corporation and Katzina Uniform

Company of Newark, co-sponsors of the program.

Color Guard In St. Patrick's Day Parade

On Sunday, March 18, 1990 the New Community Security Color Guard once again was invited by the St. Patrick's Day Parade Committee to represent the New Community Corporation in its 55th Annual Parade in the Vailburg section of Newark.

The parade which began at 2:00 p.m. started at Fortuna Street and Sanford Avenue, ending at the Seton Hall University in South Orange.

The Color Guard was warmly received all along the parade route by the many spectators along the sidelines.

The men were led by Security Officer Lawrence Thompson (Commander) members were: Security Of-



Color Guard representing New Community marched proudly down the green line on St. Patrick's Day.

ficers Samuel Bell, Richard Comacho and Jesse Chambers.

NCC Security Establishes Karate Club

Approximately six months ago Security Officer Abdulah Sharrief Bey started a karate class for NCC Security Officers.

Officer Sharrief Bey who is the Sergeant in instructor, with a seven degree black belt, teaches Ken Po, a combination of Japanese and Chinese styles.

The class is presently composed of eight officers. Sgt. James Hubbard and Officers Lawrence Thompson, Clinton White and Samuel Bell were promoted from white to first degree yellow belt; Officers Jesse Chambers, Richard Comacho, Michael Whitley are all white belts.

The class, known as the NCC Security Karate Club, was started by



Officer Sharrief Bey on the request of other officers who were interested in



Learning the moves for self-defense.

Classes are held for two hours every Tuesday, Thursday and Friday in the aerobic room of New Beginnings Health Spa located at Saint Joseph Plaza, 233 West Market Street, Newark.

The first tournament will be held in May 1990 according to Sharrief Bey.

Promoted To Sergeant



Geoffrey Barron

Black History Notes

Researched By James E. DuBose

When Black Skin Made A Difference

There were at least two times in American History when having a black skin was a distinct advantage. The first was the Lewis and Clark Expedition and the second was during the Exploration of the North Pole.

Lewis and Clark
During 1804-5, Captains Meriwether Lewis and William Clark explored the newly purchased Louisiana Territory and mapped an overland route to the Pacific Ocean. Clark brought along a slave named "York."

Soon after the expedition started, "York" became its ambassador among the plains Indians. The Indians had never seen a Black man before and they were intrigued by him. In addition, it was a custom among many tribes (Warriors) when returning from battle to daub parts of their bodies with charcoal to symbolize their bravery. "York" was looked upon as a very brave man, because his entire body was Black and the color would not come off.

The Indians considered him, not Lewis or Clark to be the leader of the group because only braves lead parties such as this. As a consequence, many tribes that Lewis and Clark thought to be hostile, turned out to be very friendly, thanks to "York" and his Blackness.

North Pole Exploration

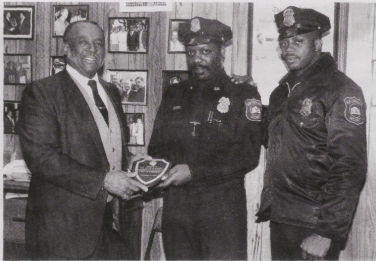
The second instance of black skin making a difference occurred during the efforts of one of the first men to reach the North Pole, Matthew Henson, who was born in 1866 on his parent's farm, near the Potomac

River, in Charles County, Maryland. Both of his parents had spent their lives as free Blacks in the South where as history tells us, most Blacks were slaves.

During the expedition to the North Pole, which was commanded by Admiral Robert Perry, Henson soon discovered that being Black could have a distinct advantage in the Arctic. At the invitation of members of the expedition, an Eskimo family traveling in the area was invited to stay near the camp. One of the Eskimos, a man named Ikwah, spotted Henson and ran over to him speaking excitedly in the Eskimo language. The man held his arm next to Henson's for comparison and Henson saw that their skin color was similar. Ikwah grinned and said "Inniut, Inniut," repeating the Eskimo word meaning "his people."

Because Henson was not a Kabloona (a white person), Ikwah believed that Henson was an Eskimo who had become lost from his tribe and he (Henson) had forgotten the Eskimo language. Ikwah and his family adopted Henson, who soon mastered the Eskimo language.

On the eve of the final leg of the expedition's departure, the Eskimos mutinied. They set by their sleds and refused to lead Perry and his people. Perry could not persuade them to work and offers of extra presents of valuable goods were turned down. The Eskimos told Perry that they would be eaten by Tahnusuk. The admiral, who had lost his toes to frost bite, was told by the Eskimos that



Director DuBose and Yahya Muhammad present Gregory Mays with his plaque.

Tahnusuk had taken his toes, killed his dogs and starved him. Perry tried to assure them that the devil, Tahnusuk did not exist because no one had seen it.

Because Henson now knew the Eskimo language and had their respect, Perry asked Henson to speak to them. A short time later, Henson returned to camp and reported that everything was okay and the Eskimos were packing the expedition's sleds.

On April 7, 1909, both Perry and Henson achieved their goal, raising the American flag high above an ice ridge in the North Pole thereby literally standing on top of the world.

The Eskimos to whom Henson had grown so close, carried on his name in many songs, stories and legends.

The Eskimos called Henson "My Poluk." He was to them, the greatest of all the men who had come from the south.

CALL FOR HELP

Is your husband or boyfriend abusing you? You are not alone - it happens a lot. There's a number you can call 24 hours a day where people are available to help you explore your feelings and plans. All calls are kept confidential.

Don't let this situation continue. NO ONE DESERVES TO BE BEATEN!

Call Babyland's Essex County Family Violence Project at 484-4446. In the Caldwell area, call PEACE at 226-6166.

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Harmony House Celebrates Black History Month

On Monday, February 26, 1990, the children of Harmony House put on a program in honor of Black History Month.

The children recited poetry, composed and read essays, performed skits, designed posters and danced to show their appreciation for their favorite people in black history. Many of the parents came out to see their children perform.

Director James Dubose sponsored awards for the program and presented the children with them. Director Dubose gave out a total of six beautiful medals for first, second and

third prize for winning posters and essays.

Awards went to the following poster winners:
Miriam Felton - 1st place
Julian Brown - 2nd place
Felicia Beatty - 3rd place

The following received awards for the best essays:
Louie Rousseau - 1st place
Christina Hammonds - 2nd place
Thomas Davis - 3rd place
The staff of Harmony House congratulates our young people for their efforts and we wish them continued success.



Children performed skits that showed appreciation for their favorite people in Black History.

America's Clothiers United For Homeless Clothes Distribution At Harmony House

February 26th through March 2, 1990 was Cloth America Week. On February 26, 1990, New Community Harmony House families were honored to be one of a hundred (100) agencies nationwide to receive new clothing from major clothing

to the needy. Families from Harmony House received 26 cartons of women's and children's clothing from Russ Togs Inc., Crazy Horse, K-Mart, Lane Bryant and Izar La Cross.

More than 450 retailers and manufacturers will donate over \$2



A spring wardrobe was easy to choose with all the new clothes.

manufacturers and retailers.
During the Cloth America Week six hundred and twenty-five (625) cartons of clothing (current styles) valued at \$250,000 were distributed

million in merchandise to charities serving the homeless nationwide during 1990. The massive effort was initiated by Ken Sitomer, President of Russ Togs, whose goal is to improve the quality of life for the homeless through providing quality clothing. Gifts in Kind America, a national charity associated with United Way of America will be coordinating the national effort to clothe the homeless.

Susan Ernest, Russ Togs Inc. representative, was present during Harmony House's clothing distribution. She received warm thanks from families receiving the generous gift of clothing.

Answer the Census.
It Counts for More Than You Think!
CENSUS '90



Harmony House Selects Student And Youth Of The Month

Harmony House is proud to present the March Youth of the Month, Latifa Fed.

She was chosen for her admirable behavior and willingness to help the youth program staff with its tasks and projects. Latifa can always be counted on to volunteer her services to the work of the youth program. Keep up the good work, Latifa. We are very proud of you.



Latifa Fed

Our special student for this month is Felicia Beatty. She was chosen for her continued academic excellence and for her performance in the after-school program. Felicia is a very intelligent young lady who will be proud of many achievements in the future.

Congratulations!



Felicia Beatty

Yes, It's St. Patrick's Day

In honor of Saint Patrick's Day, the children of Harmony House celebrated by participating in a group arts and crafts activity.

The children created their version of Lucky the Leprechaun and bright green shamrocks to add to the decor



Making Lucky the Leprechaun.

of the Youth Center. Our celebration included "Mean Green Dress-Up Day," Friday March 16, 1990 and a discussion of the origin of St. Patrick's Day.

Sandra Britton
Vista Worker



Some Facts And Figures About Poverty

Facts about the Food Stamp Program from the Food Research and Action Center in Washington, DC:

- Over 82 percent of all food stamp benefits go to households with children and 79 percent of these households are headed by women.
- 50.8 percent of Food Stamp Program participants are children, 8.4 percent are elderly, and 27.5 percent are non-elderly women.
- 7.1 percent of food stamp households include a member who is disabled.
- The average food stamp benefit per person per meal is 57 cents. (For more information, contact: Food Research and Action Center, 1319 F Street, N.W., Suite 500, Washington, DC 20004, 202-393-0560).

From an analysis of the 1985 Census Bureau poverty report by the Center on Budget and Policy Priorities:

- Despite six years of economic recovery Americans (\$1.9 million) fell below the poverty line (\$9,435 for a family of three) in 1988.
- The income gap between rich and poor families grew wider in 1988. The wealthiest fifth of all families received 44 percent of the national family income in 1988 while the poorest fifth received 4.6 percent.
- The income of the average poor family fell \$4,951 below the poverty line in 1988.
- In the 1960s and 1970s, full-time work at the minimum wage generally raised a family of three above the poverty line, but left such a family \$2,500 below it in 1988. (For a copy of the report, Laboring for Less: Working but Poor in Rural America, contact: Center on Budget and Policy Priorities, 239 Massachusetts Avenue, N.E., Suite 305, Washington, DC 20002, 202-544-0591, Cost: \$8.00)

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Changing A Stereotype

There's a stereotype lurking in the caverns of the minds in today's society: it is a stereotype that isolates teenagers into a corner, which makes them seem callow and selfish. This is a corner from which they cannot escape unless they do something about it. However, there's a group which has taken the initial step towards changing this viewpoint.

An innovative youth group of the Saint Rose of Lima Church is trying to reverse this negative trend of thought. The group's name is Youth Incorporated, which is made up of twenty energetic, caring, creative youths. The president is Carmen Rivera, who is a sophomore in high school. Maria Masucci is advisor to the group helping with decision making.

On February 13, 1990, the youth group visited the New Community Extended Care Facility in Newark, which is a nursing home for the elderly.

A lot of people there had not received company in a long time, so they appreciated someone to talk to. The young people tried to bring a smile to everyone even if it was just for one day. To achieve this goal, they brought along friendship cards, which the residents could keep as a reminder that someone cares. All who participated experienced a sense of fulfillment and warmth in their hearts. The youths enjoyed the visit because it was an experience to remember. It taught that caring and love could be given at any time of any day because there will always be someone to appreciate it and also to

return the love. They feel that if they succeed with even one person, they will be closer to showing society that a lot of young



Brightening an elderly lady's day.

people do care, not about sex and drugs, but about people, communication, and the future.

One of the reasons why society's perception of teenagers is so negative is because we live in a city where many horrible things occur; but society must try to judge the individual and not base their opinions on a stereotypical picture.

They must realize that the world is also a place of opportunity and young people deserve the chance to escape the mistaken beliefs of today's minds. Youth Incorporated will try to be altruistic because its members believe that the difference is made internally and individually.

Crisis Cares

Encouragement Goes A Long Way

When Major Brisson lost his left leg in 1967 due to a blood clot, he struggled to overcome the limitation but the situation extremely difficult. Then in 1987 he suffered a stroke which left his left arm paralyzed. This led to severe depression, anger and self-pity.

Now, three years later this sixty year old is making a comeback. Straightening himself up on his wheelchair he boasts, "I've come a long way." Major credits his former home health aide Cassandra Finney and present one, Ponsetta Blue for the difference. "They encouraged me to do things for myself and showed me how."

"You can do it," they urged. These words plus their genuine concern have boosted Major's self-esteem and the outcome is progress. He recalls previous attempts to stand and take care of himself which ended with the security guard coming to pick him up off the floor. Now, with the proper technique, and no longer fearful, he succeeds in his personal hygiene.

Feeling better about himself and his accomplishments regarding dressing, cooking, and mopping the floor, Major joined the Associates Gospel Chorus. "I like to sing because whenever you're depressed, singing goes up to you. The Lord has been good to me," he adds.

"It took a long time to cope with the



Major Brisson with his good friend Home Health Aide Ponsetta Blue.

situation of being paralyzed," Major admitted. "I was angry all the time. Then I started to learn. When you start to understand, your attitude gets a whole lot better. There are things I know I can't do no matter how hard I try and I have to accept that."

But Major is determined that he is going to walk again with a prosthesis and the progress he has already shown is just the beginning.

Sr. Kay Coll

There's Always Room For One More

This Is An Old Saying In Large Families But Can You Too Find Room For A Foster Baby?

There is no such thing as an unlabeled child, just an unfound home. That is the philosophy of the N.J. Division of Youth and Family Services' (DYFS) foster care program.

And nowhere is that philosophy more valuable than in the case of so-called "boarder babies," children living in hospitals who no longer need hospital services. These infants are medically cleared for discharge, but have no home to go to.

Although hospital staff attempt to provide the stimulation these children need, the normal one-to-one contact provided by a parent is missing. These children need caring families to take them outdoors to feel the warmth of the sun and breathe fresh air. The joy of childhood is easily lost in the sterile surroundings of a hospital.

But despite the constant efforts of DYFS to locate temporary foster homes for these children, there are still not enough homes. These are some of the children waiting for a family (names are changed).

Betsy, aged two months, has AIDS, and requires physical therapy and enrollment in an early intervention program. Her mother was recently released from prison and has no place to live. Betsy's grandmother is unable to care for her, as she works. The infant has been waiting for a family for almost one month.

Thomas fell from a second story apartment window. At 8 years of age, he is a one-year-old functioning level due to brain damage. Thomas is the youngest of six children, and his mother cannot care for him. He waits for a central Jersey hospital for a foster home.

Larry and Lorraine, one-year-old twins, were born with developmental delays and have seizure disorder. Larry has a hearing impairment and asthma, and Lorraine has vision problems. This brother and sister should stay together, but first they need a home.

DYFS provides a minimum of ten

hours of basic pre-service training to all foster parents; a special category of foster parents — those who take medically fragile babies — will receive additional training.

During basic training, prospective parents learn about the laws and regulations governing children in foster placement. Information is given to the new foster family adjusting to a new family member. The parents are taught discipline techniques for these children which build self-esteem and responsibility.

DYFS provides board payments and clothing allowance, and the foster children are enrolled in Medicaid. Medical and psychological supports for the children are available throughout the community, and through DYFS contracts with various provider agencies.

For a short period of time, foster families are able to touch the lives of tomorrow's leaders. There is something priceless about a smile from a child that a foster family has helped when no one else would.

Betsy, Thomas, Larry and Lorraine are waiting. But even when these youngsters have been placed in a foster home, there will be others. For more information on the Foster Parent Program, call the toll-free information line 1-800-222-0047 or Victoria Ndungu at 648-7770 today.

NC Gardens Series

A Gospel Concert featuring the Fabulous Sons of Grace from Charleston, South Carolina was enjoyed by the tenants of 15 Hill Street on Sunday, February 18, 1990.

Thanks to Ms. Violet Brown and Ms. Helen Vaughn who made the concert possible.

Everyone had a happy time listening to such beautiful voices.

Ruby Marshall

EVERYONE COUNTS!

CENSUS '90



Answer the Census

Census 1990: It's Important

Two hundred years ago there was a struggle; people stood up and demanded their rights. They were counted and recognized. Decisions and policies were made based on their numbers. These were people unafraid of being counted...proud to show their strong numbers.

Now it is our turn to see that decisions and policies are made based on our numbers. We must stand up and be counted this month during the taking of the 1990 census.

State senators, federal fundings, school aid, are a few of the things that WE can change to work in our favor. There are too many in Essex County as well as in other places who feel they are not important or cannot do anything to effect change.

Well, this is not true. Everyone counts. When you check your mailbox don't shrug your shoulders and toss your census form aside or trash it. Before you do, think about this — you could be throwing away a million dollars in subsidized housing, two million dollars in home energy benefits, a million dollars in senior transportation, two day care centers and a school. That is a lot to throw in the garbage.

Now, how about reaching down, un-wrinking the form and taking a few moments to create a decade of positive changes.

You think you cannot do it? It's all right. There are people who can assist you. Someone will help you. Just agree to fill it out. Do not throw it away. Call Social Services for help at 623-6114.

Stand up and be counted. Don't let the joke be on you! Martin Luther King Jr. wrote "I am Somebody." Marion Anderson sang "Lift Every Voice." They believed all of us are important.

Joyce Cook

St. Rose Boys Visit Princeton

An educationally enriching day at Princeton University and Woodrow Wilson School of Public and International Affairs was enjoyed by the 7th and 8th grade male students of St. Rose of Lima School.

This trip was carefully arranged by Ms. Nancy Beer, Research Associate at the Woodrow Wilson School and a long time friend of NCC.

The day began at 8:00 a.m. at St. Rose School, where the students gathered for the trip to Penn Station. The morning rush hour at Penn Station served as a learning experience for punctuality in meeting a tight schedule. Upon arriving in Princeton, Ms. Beer and a Princeton University sophomore, Ms. Adrienne Weatley met the group to begin the tour of the University. Ms. Weatley shared her personal experiences as a student, even to the point of taking the group to her dorm room.

The group visited Princeton's

famous buildings which are historically eventful in Pre-Revolutionary history.

At lunch, the students experienced the tradition of Princeton's eating clubs, where they had lunch and interacted with a group of minority students from around the world. A few important minutes were spent in a history class after lunch to demonstrate the Princeton educational experience.

Ms. Jeanette Hutton, a senior engineering student and a few of her classmates toured the engineering computer lab with us, where students had hands on contact and a demonstration of the software.

The Princeton/Woodrow Wilson experience was very exciting and filled full of educational exposure and career planning. We would like to thank all who made this event a most enjoyable exchange.



An original old building at Princeton complete with arbor draws the students' attention.



I wish I owned this radio record collection at home.



Adrienne Weatley introduces the students to the reality of dormitory life.

The Cross And The Tomb

A cross is a structure consisting of an upright with a transverse beam used especially by the ancient Romans for execution, extreme and painful punishment, affliction, and suffering. A tomb is a place of interment for the dead formed wholly or partially in the earth or above ground. Tombs are not usually associated with hope and joy. If you are feeling forlorn, one of the least likely places in which you would consider finding consolation is at a tomb. If you ever wanted to see something of importance or hear something pleasant and beneficial, the last place that you would consider looking would be at a tomb. Tombs, after all, are for dead people.

Yet, if Easter is about anything, it is about the hope that came out of a tomb. It is the announcement and celebration that death had been defeated, right had conquered wrong, love had conquered hate, righteousness had defeated sin, and life had escaped from death. Easter, with its message of hope, did not occur in a temple with its fine tapestry and ornaments, and with blaring proclaiming trumpets, but at, of all places, a cold and lonely tomb.

Before the Cross, untrue statements were made about our Lord with the intent to create a false and misleading impression, but deception couldn't hold Him down. There were those antagonistic to Him, but antagonism couldn't hold him down. His accusers were jealous of Him, but jealousy couldn't hold him down. He was scorned, but scorn couldn't hold Him down. In the end, He was crucified and killed, but even death and the tomb couldn't hold Him down. He is risen!

Because Christ lives, hope withstands, love perseveres, virtue impacts, sanctification empowers, divinity impels, and truth lives. Most of all, because Christ lives, we live also.

"Therefore, if any one is in Christ, he is a new creation; the old has passed away; behold, all things have become new." In our hurried lives, we must not forget that crucified on the cross, Jesus Christ died that we might live reconciled of our sins, not for a while, but for eternity.

Lewis Graves
Springfield Branch
Newark Public Library



The Hidden Lesson

As we try to be caring adults in the life of a child, helping to promote positive growth and development, there will be wonderful times and there will be some difficult experiences which seem unavoidable.

It will help to keep in mind two things. First, a child is precious. Everything about a child's life is precious. He or she is valuable and worthwhile. Second, a child is dependent, in need of someone to help with the simplest issues in life to the most complicated ones. For a child, these needs are urgent demands.

Demands are very wearing on an adult and there are times when demands are unwelcome. One more question, request, case of back talk is one thing too much. What to do then — scream, hit belittle? These are some actions that come to the mind almost automatically when an adult is worn out by the needs of a child.

Any of these actions by a parent in desperation will cause an immediate

reaction to the child ranging from sullenness and hurt feelings to shame, fear and tears. But such actions will also teach a child an undesired lesson. That lesson is that whoever screams, shouts, hits or belittles, gets their own way. So having learned this lesson from their parents a child will be sure to use this behavior on others — certainly on other children and maybe with adults.

When we see a child behave this way, we may call him fresh, poorly behaved or a bully. We may even wonder where on earth he/she learned such things without ever realizing the part we ourselves played.

So let us treat our children with kindness, patience and gentleness — ways that say clearly to them that they are precious, worthwhile and valuable. These are the lessons they pass on to others.

Catherine C. Tassy
Social Worker
St. Rose School



Students take a look at the crozier used for graduation and dream of the future.